

# Retiree Outlook

VOLUME 2007.11, NOVEMBER 2007

## Firefighter's Museum to Host Annual Retiree's Burger Lunch

Each year, the second Tuesday in November, the Fire Museum opens its doors and invites all Fire retirees to a Burger lunch.

This year, the lunch is scheduled for Tuesday, November 13, beginning at 10:30 a.m. at the Fire Museum, 3801 Parry Avenue in Dallas (across from Fair Park).

For more information, call the Fire Museum at 214.821.1500 (Wed.-Sat.).



## Hundred's Gather for Police Retiree Picnic



Over 300 Police retirees and guests travelled to Hogg Park in Quitman, Texas on October 6, for the annual Police Retiree BBQ and Picnic.

Attendees enjoyed catching up with former co-workers. *(See photos from the event surrounding the Calendar on pages 4 and 5).*



## The Nurse's Corner

*What's New In Healthcare?*

*By Carol S. Lawrence, RN BSN  
Communicable Disease Coordinator  
Emergency Medical Service*

Numerous changes are occurring in healthcare, which include new surgical advances, new medications, and treatments.

**Asthma inhalers** (bronchial dilators) are in the process of changing to a new ozone friendly propellant. Generic Albuterol will no longer be available. This means that prices are going up sharply. There are four brands of drugs in this category, Pro-Air HFA, Proventil HFA, Ventolin HFA and Xopenex HFC. United Healthcare has struck a deal with Sepracor that moves Xopenex from Tier 3 to Tier 1. This still may not take the place of a drug such as Advair, which also has a drug for inflammation.

**Forth Worth has a program designed to keep Senior citizens out of the hospital.** It is called the NSEAM Block Nurse Program. This coordinates willing volunteers who provide services to Seniors covering anything from medical care, home repair, and assistance with grocery and utility bills. This does not take the place of local social service programs. This program also includes volunteer

physicians who make house calls.

**Many companies are rewriting their health benefit programs to provide free or low cost drugs and tests for employees who suffer from chronic diseases.** Things like free colonoscopies to employees over the age of 50, when the rate of colon cancer goes up.

**Alzheimer's affects 13% of people over age 65 and half of those over age 80.** Drugs to this point have been of very little assistance in slowing the disease. However, there are 9 new drugs in Phase III trials and dozens more in smaller Phase II trials. One of the most promising drugs is Flurizan which completes the final studies within the next 18 months.

**Letairis is the latest drug released for treatment of Pulmonary Hypertension.** However, copays for this drug and Tracleer are so expensive that it is nearly impossible for anyone to obtain these medications unless you have very limited income. Pulmonary Hypertension is progressive and the average life span

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*See "Nurse's Corner" on page 3*

## IN MEMORIAM

Garine J. Bigham  
Widow of William R. Bigham  
Fire - Retired

Billy J. Gee  
Police - Retired

Tommy C. Hamiter  
Fire - Retired

Mary J. Hutchins  
Widow of  
Dalton D. Hutchins  
Police - Retired

Elizabeth A. Lyon  
Wife of Marshall Lyon  
Fire - Retired

Erma J. Roberts  
Wife of Leroy W. Roberts  
Fire - Retired

Donald B. Stampley  
Fire - Retired

Charles T. Walker  
Police - Retired

Anna Kathrine Watts  
Wife of Oscar L. Watts  
Fire -Retired

## Nurse's Corner *(continued from page 2)*

after diagnosis is less than 5 years.

**Methodist Dallas Medical Center is one of the few hospitals in the country to offer the innovative anterior hip replacement** performed by Dr. Phil Berry. Key benefits include less muscle trauma, pain, blood loss, and a faster healing time. Hospital stay for this approach is 3 days versus 10 days for the conventional surgery.

**A Cancer Screening Study at the Baylor Sammons Lung Cancer Center will focus on innovative technology.** The Center will use the CellSearch System, which identifies cancer cells in the bloodstream. This test will identify early lung cancer in smokers so treatments can be utilized. This test is already approved for monitoring metastatic breast cancer.

**The Medical Center of Plano has installed a Brain-SUITE iMRI,** an advanced neurosurgical operating room equipped with MRI and image-guided data management systems giving surgeons a real-time view of their progress during complex brain tumor surgeries. This advanced technology helps prevent damage to tissue critical to brain functions and reduces the need for additional surgeries. This

is only one of 7 hospitals in the world with this advanced technology.

A bill is currently before Congress, which would increase funding for Autoimmune diseases. The top ten of these diseases affect mostly women. Autoimmune diseases are hard to diagnose because many physicians are not aware of symptoms and appropriate tests. The average time it takes to diagnose an Autoimmune Disease is 6-10 years. Keep records, be observant and take charge of your health. Take a list of observations and concerns to all physician visits.

**Dallas Fire-Rescue will be offering Flu shots as soon as the vaccine has been received.** This vaccine is inactivated which means this is a killed flu virus. The vaccine will not give you the flu. It will stimulate your immune system to protect you from the illness. Protective antibodies develop in about two weeks.

If you develop the flu right after you received the vaccine, it is because you were already incubating the disease, protective antibodies have not had time to develop, or a new strain of flu is circulating that is not in the vaccine.

The paramedic teams or clinic personnel will not give

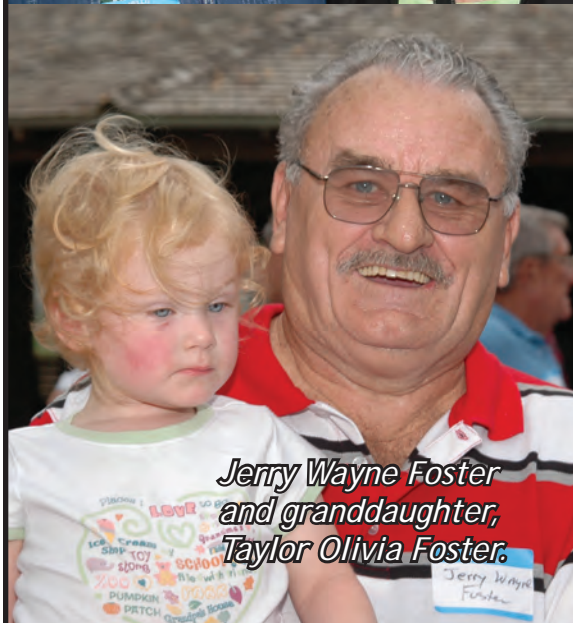
the vaccine to individuals with the following Medical conditions:

- Allergic reaction to eggs resulting in Emergency Room Care
- Blood disorders
- Muscle or nerve disorders
- Weakened immune systems such as HIV/AIDS
- Long term treatments with steroids
- Cancer treatment with x-rays or drugs

\*\*\*Women who are pregnant during the flu season from October 1 through December 31, may receive the flu vaccine if they have a note from their physician on the office letterhead and a phone number. This letter must be given to the paramedic team or Carol Lawrence RN in order to receive the vaccine.\*\*\*

Flu vaccine will be offered to Department retirees and family members age 18 and over *after* active duty members have received the vaccine. A cost will be involved. Dates for the clinics will be established when the vaccine arrives.

**Questions regarding the flu vaccine or contraindications may be directed to Carol Lawrence RN BSN at 214-670-7331 or 469-323-5775.**



# NOVEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Retired Police and Firefighters Association Meeting	5	6	7	8 REGULAR BOARD MEETING	9	10
11 Veterans Day	12	13 Qtly. Board Meeting Retired Firefighters Lunch at Fire Museum (see pg. 1)	14	15 East Texas DPD Retirees Lunch (see pg. 6)	16	17
18	19	20	21	22 Pension System Office closed for Thanksgiving Holiday	23	24
25	26	27	28	29	30	



**4** DALLAS RETIRED POLICE AND FIRE FIGHTER ASSOCIATION MEETING  
Sunday, Nov. 4, 1 P.M. at the Salesmanship Club, Tenth and Beckley (Oak Cliff), Dallas

**8** REGULAR BOARD MEETING  
Thursday, Nov. 8, 8:30 a.m.  
2301 N. Akard Street, Dallas

**13** QUARTERLY BOARD MEETING  
Thursday, Nov. 13, 8:30 a.m.  
2301 N. Akard Street, Dallas

*Special thanks to Sr. Cpl. Jess Lucio and John Mays, who provided the photos on this page, and to Sue Reed, for her assistance.*

# Good News From Your Fellow Pensioners

## *Anniversary Wishes*

Congratulations to J.W. and Erma Hadaway! They celebrated their 62nd Wedding Anniversary on August 15. Mr. Hadaway served with the Dallas Fire Department from 1947 until his retirement in 1975.

## *East Texas Police Retirees Meet Monthly*

DPD retirees who live in East Texas gather on the third Thursday of every month at 11 a.m. at Tele's Mexican Restaurant on Highway 154 between Gilmer and Quitman. For more information, contact Harley Davis at 903.762.2210.

Please send **Good News** items by e-mail to:

**info@dppfp.org**

or to:

**Dallas Police & Fire Pension System,**

**Attn. Kevin,**

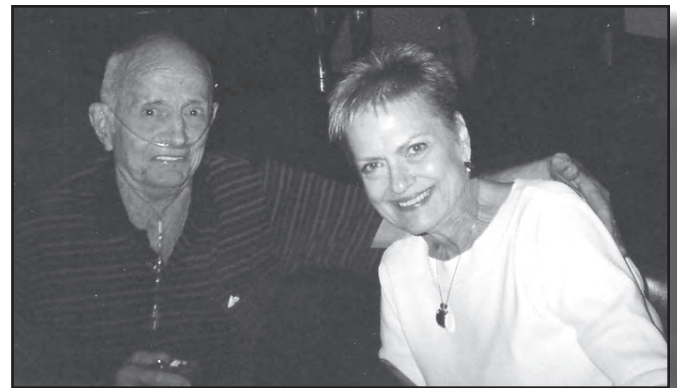
**2301 N. Akard Street,  
Suite 200, Dallas,  
Texas 75201**

*(Submitted items are printed as space permits)*

## *Retired DPD Homicide Detectives Dinner*



*Ken Penrod and Grant Lappin*



*Jim and Vanna Ozment*

Retired DPD Homicide Detectives met for dinner on October 4 at Steak n Ale. They are planning their next get together for April 3, 2008. Further details will follow in future editions of this newsletter.



*Tom Willingham*



*Charlie Tull and Evelyn Crowder Allison*



*Elmer Boyd and Mike Bruton*

# Dallas Retired Police and Fire Fighters Association



*Leslie Warnock  
President*

I would like to thank all our members and elected officers of this fine organization who have worked so hard and diligently, attending regularly, calling members, checking on the sick and bereaved members, preparing all the delicious food – and above all – assisting me in planning some of our meetings.

I was hoping to have Jim Leavelle speak to us on November 4th about his involvement in the events following the John F. Kennedy assassination in November of 1963. Jim and his wife will be on a business trip to Canada and will not be available for the November meeting. We will be thinking of the Leavelle's as they travel to Canada for a presentation.

Our attendance for our October meeting was 49 members and 3 guests. Guests attending were; Madison Ward, granddaughter of the Warnock's; Jane Miller and Linda May.

Well it is finally settled... the quilt crafted by many of our ladies has been donated back to the association to be raf-

fled at the December meeting. Tickets will be sold at our November and December meetings for \$2.00 each or 3 for \$5.00. The drawing will be held at the December 2nd meeting.

At our December 2nd meeting, we will be entertained by the Dallas Police Choir, as they present a program of beautiful Christmas music. If you attended the December meeting last year, you will be aware of the wonderful musical program we had. We would like to thank Diana McLuckie and the Dallas Police Choir for thinking of us at this time of the year.

Gale Paul announced that those who are receiving benefits under the Old Plan would receive an increase in their checks at the end of October.

She also stated that most medical and prescription plans were not increasing in cost this year. You may contact her at the pension office at 214.638.3863. Gale introduced her new co-worker, Yvette Hall.

Please come and join us on the first Sunday of each month at 1:00 PM for fellowship, wonderful food

provided by the members, at the J. Erik Johnson Salesmanship Club, located at 106 East Tenth Street, in Dallas (Oak Cliff area).

*Leslie L. Warnock  
President of Dallas RPFPA*

## CONGRATULATIONS NEW RETIREES!

### POLICE

Donniest O. Green  
William S. Hamilton  
Philip E. Jones  
Lee W. Wood

### FIRE-RESCUE

Gary W. Lovell  
Michael D. Patterson  
Richard D. Timmons  
Kenneth W. Woodard

## From the Administrator

By Richard L. Tettamant, Pension System Administrator



Fall is in the air! We are finally experiencing some cooler temperatures, as we move into the Holiday Season.

In this month's newsletter, I wanted to respond to questions from some of our Pensioners regarding the Deferred Retirement Option Plan. The program was expanded in 2006 to provide greater flexibility in enrolling in DROP and taking distributions.

Some Pensioners were not aware that they could join DROP. You can now join at any time before age 70 ½, whether or not you were previously enrolled in DROP. The reason for this age restriction is that Federal law requires that in the year that the member turns 70 ½, the member must start taking distributions from the account and can no longer make contributions.

There is more information regarding DROP for Pensioners on our Web site under the "Frequently Asked Questions" (FAQ's) tab. Our Web address is [www.dpfp.org](http://www.dpfp.org).

My hope is that you will have a wonderful Thanksgiving. As always, call us if you have any questions or concerns.

Sincerely,

*Richard L. Tettamant, Administrator*

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DALLAS POLICE &  
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